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## Jackson memorial expected to draw millions of viewers

**SERVICE** Tens of millions of people around the world are expected to tune in to watch today's Michael Jackson memorial at the Staples Center in Los Angeles, according to the most recent media predictions. Many of the major TV networks including CTV, CBC, CNN and E! Entertainment are expected to broadcast the event, which takes place 10 a.m. local time (2 p.m. ADT).

The public memorial will feature performances by Mariah Carey, Usher, Stevie Wonder and other well-known stars, states a release on behalf of the Jackson family. Given the feverish interest in all things Jackson, the Los Angeles memorial could be one of the most-viewed events of all time.

Metro Canada will feature live updates of the memorial service today at metro news.ca, and will feature comprehensive coverage in tomorrow's issue of the paper.

METRO NEWS SERVICES  
MORE COVERAGE,  
PG 12



## SunnySide

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## Highland Games



Shaun O'Neill gives a demonstration of the 56-pound weight for height toss before the 2009 Kilted Golf Tournament at the Hartlen Point Forces Golf Club yesterday. The Halifax Highland Games and Scottish Festival will take place on Saturday at the Dartmouth Common.

## Feats of strength

# Taser inquiry begins

## Judge rules to limit public's access to security videos

PAUL MCLEOD  
paul.mcleod@metronews.ca

**The inquiry of a Nova Scotia man who died shortly after being Tasered began yesterday. The first order of business was limiting the public's access to security videos.**

Howard Hyde, 45, was arrested and charged with assaulting his common-law wife on Nov. 22, 2007. Hyde, who suffered from schizophrenia, struggled with police and was Tasered.

He died the next day while being restrained by jail guards in another struggle.

An inquiry into the high-profile death kicked off yes-

**"I was very troubled, frankly, when I watched it. I think when you view the video it stands alone."**

Kevin MacDonald, lawyer for Hyde's relatives

terday and will be webcast online. Much of the inquiry will focus on 16 hours of security camera footage of Hyde in jail and police holding cells.

Hyde's family, along with the Schizophrenia Society of Nova Scotia and the Canadian Mental Health Association, lobbied to have the video made available to the public online.

"I was very troubled, frankly, when I watched it," Kevin MacDonald, the lawyer representing some

of Hyde's relatives, told reporters.

"I think when you view the video it stands alone." But the NSGEU opposed releasing the video, saying it would violate the privacy of some guards and prisoners who were not involved in the Hyde incident. The NSGEU lawyer argued the public would still get to see the video through the webcast.

MacDonald disagreed. He said a streaming video of a TV screen playing in court

won't be clear enough to people watching online.

Judge Anne Derrick ultimately sided with the union and ruled the video will not be released. Though she said putting the video online "probably would provide clearer images to the general public," she worried about privacy concerns and people using the video inappropriately once it is online.

She also said there was no audio in the footage and people wouldn't have the proper context unless they viewed it along with witness testimony. Security cameras in jail cells do not record audio due to Charter of Rights and Freedoms concerns around prisoner privacy.

## Stray bullet hits vehicle

LESLEY PIKE  
for Metro Halifax

**GUNSHOTS** A stray bullet hit a car with a man inside late Sunday night in Dartmouth.

The man heard gunshots while getting into his car on Louisbourg Lane at about 11:20 p.m., police said, adding he then heard something hit the front of his car.

He found a bullet hole in the hood of his car and a bullet on the ground nearby.

"I think the fact that his car was hit is completely random," Const. Brian Palmeter, spokesman for Halifax Regional Police, said yesterday.

"It doesn't appear at this point that it was aimed at anyone given that we believe that it was fired into the air," Palmeter said.

But that doesn't mean police won't be investigating the incident, he said.

"It's illegal; it's an offence to fire off a gun into the air," Palmeter said.

He said police are looking into whether the shots fired Sunday night are related to the recent shootings in the municipality, particularly in north end Halifax.

But first, they have to find out where the shots were fired, Palmeter said. "At this point we have very little information as to the origin of where the shot came from."

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Hunters have secured \$86,000 for 12 conservation projects across the province. The Natural Resources Department said yesterday species including piping plovers and flying squirrels will benefit this year from the Habitat Conservation Fund, financed by \$3 wildlife habitat stamps on hunting licences. **METRO HALIFAX**

# Local



## Calling all young aspiring artists

The Art Gallery of Nova Scotia in downtown Halifax said yesterday there are still spots open in its summer school, with a selection of afternoon classes available for teens age 13 to 19. Classes include videography, drawing, screen printing, photography and cyanotype (a historical photographic technique). Teen classes are \$100 per week or \$90 for members, plus tax. Go to [artgalleryofnovascotia.ca](http://artgalleryofnovascotia.ca) for more information.

METRO HALIFAX

## Paul's performance 'enhanced'

Promoter says Mayor Kelly brought innovative idea to table

ALY THOMSON  
for Metro Halifax

An announcement that will "enhance" the Sir Paul McCartney concert will be made today, and it's not more performers, hints local concert promoter Greg Cox.

"It will make it a memorable experience for everyone involved," Cox, with Power Promotional Events, said yesterday. "It is going to make a difference."

Cox said McCartney has a tentatively scheduled sound check Friday at 1 p.m. But Sharon Kim-Dion, president of Creative Entertainment USA, said Paul isn't set to touch down in Halifax until Friday evening, making it difficult to pinpoint his exact arrival time.

Kim-Dion said McCartney will most likely fly in on his private jet from New York, but would not say where he'll be staying. She said the ex-Beatle likes to go out and enjoy the cities he travels to for performances, and expects Halifax will be no different.

Kim-Dion said the concert has been two years in the making, adding Mayor Peter Kelly had a large part in bringing the superstar to town.



Crews continue to set up the stage and stands yesterday for Saturday's Sir Paul McCartney show at the Halifax Common.

### Weather watch

• McCartney Weather Watch: Environment Canada is holding hopes high, calling for a

mix of sun and cloud with a high of 21 C on the day of the concert.

"Mayor Kelly came to my office in New York in fall of 2007, and he really had this idea, this vision to open up The Commons," Kim-Dion said from her room at the Lord Nelson Hotel. "It was Mayor Kelly who said we would very much love to have Paul Mc-

Cartney come to Halifax."

Cox said McCartney's stage takes five days to assemble, estimating 400 people are involved in stage set up, seating set up, technical work, clean up and other jobs.

Fifty invitation-only guests will get to see Mc-

Cartney's Halifax rehearsal, Cox said. Their names will be drawn from a contest being run by radio stations Q104 and Cool FM and CTV's dinner hour program Live at 5.

The draw takes place at Monte's Bar and Grill in Dartmouth on Thursday night. Over 150 qualifiers will be there with guests, but there are 100 empty spots in the bar, Cox said, so you too could have an exclusive sneak peek at Saturday's concert.

## Community rallies around MS cyclist

ALY THOMSON  
for Metro Halifax

**CRIME** Three Blacks Photography stores across the municipality are offering to match a \$500 reward for the safe return of a stolen laptop belonging to an American family visiting Nova Scotia.

Deborah and Michael McDermott of Oregon previously offered \$500 with no questions asked, as long as the pictures they took during their son

**"There's just one really rotten person out there ... (We're) heartbroken."**

Deborah McDermott

Eric McDermott's participation in a bike tour for multiple sclerosis are intact.

Martin Wigginton, manager of Blacks Photography in the Halifax Shopping Centre, said yesterday his employees see people lose irreplaceable pictures all the time, and wanted to help the family.

"I cannot begin to tell you how awesome that is," Deborah told Metro Halifax yesterday, adding the Multiple Sclerosis Society

based in Dartmouth has also offered to accept the laptop and return it back to the McDermotts.

But the laptop is still missing. Halifax Regional Police responded to a theft on Lower Water and Salter streets just before 9 p.m. Friday.

The back window of the McDermott family's vehicle was smashed out and their laptop, including all pictures of the 38-day coast-to-coast MS bike tour, had disappeared.

Deborah said Canadians have been "incredible" in supporting her son's cause, adding the police have "gone above and beyond" in helping to find the lost materials.

But she doesn't plan to return to the Halifax waterfront, the scene of the crime, any time soon.

"There's just one really rotten person out there," she said of the theft. "(We're) heartbroken."

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## Sydney apartment fire accidental: Police

**DEATH** The fire that struck a Sydney apartment building Sunday night and claimed a woman's life was accidental, police say.

Sgt. Mike Kennedy said the Cape Breton Regional Police Service was contacting next of kin yesterday and working with the medical examiner's office to make a positive identification of the woman, which may require the use of dental records.

He said the woman was in her 50s and an autopsy is scheduled for this week.

Deputy fire Chief Richard Bulley said yesterday that the Charlotte Street fire started around the stove in the second floor apartment of the woman who died.

"We know that it probably started around the



Dwight Fraser MacLeod, who was a tenant of the burned out five-unit apartment building on Charlotte Street in Sydney, heads down the street with his belongings after police on the scene allowed him to gather his things yesterday morning.

stove area but we can't say for sure whether it was a grease pot or not," he said.

A man identified by po-

lice as boyfriend of the dead woman was rushed from the fire scene to the Cape Breton Hos-

pital.

Hospital spokeswoman Lynn Gilbert said yesterday the man was in critical condition.

The other tenants in the building escaped without harm.

Dwight Fraser MacLeod, who lived in the apartment building on the ground floor, noticed the smell of smoke.

He said no one knocked on his door to say the building was on fire. "If I would have been asleep ... it could have been worse."

Firefighters responded to an alarm at 10:50 p.m. Sunday, quickly locating the dead woman who was found in a bed, Bulley said.

He said the blaze caused considerable damage to the upper floor.

CAPE BRETON POST

## Blood Service workers agree to new four-year contract

**AGREEMENT** Workers with Canadian Blood Services in Halifax have "overwhelmingly" voted in favour of a new contract with their employer, the Nova Scotia Government and General Employees Union announced yesterday.

The new four-year deal, which includes better wages and improved employee leaves for family illness and bereavement, was ratified by 96 per cent of union members who cast their ballot last Friday.

Severance packages improvements are also an important change, an NSGEU news release says, because Canadian Blood Services has announced plans to close blood donor testing here in 2011, "which has the potential to effect 50 per cent of membership."

The tentative agreement was reached June 24 but NSGEU Local 43 had been without a contract since Jan. 1 of last year, the release said.

METRO HALIFAX

### News in brief

**RACE** The American boat Rambler is leading the way through two days of action in the Marblehead to Halifax Ocean Race. Slow winds are prevailing thus far, pushing back a possible yesterday finish for the leaders. The leaders are expected to arrive in Halifax Harbour today.

METRO HALIFAX

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WHAT'S ONLINE TODAY

**Video** Japanese emperor meets Governor General during state visit at [metronews.ca/canada](http://metronews.ca/canada)



**Hanomansing to speak at September conference in Truro**

CBC broadcaster Ian Hanomansing is coming back to the Maritimes. The Economic and Rural Development Department announced yesterday that the Dalhousie University alumnus will speak at the 2009 Celebrating Communities conference in Truro this September. **METRO HALIFAX**

# City set for 'perfect storm of events'

Good weather or bad, Halifax prepares to shine with blockbuster lineup

ALY THOMSON  
for Metro Halifax

**Sir Paul McCartney, the Tall Ships Nova Scotia Festival, Kiss, the Atlantic Jazz Festival and Halifax Pride. It's a mouthful even to read.**

These massive events are calling Nova Scotia their home over the next three weeks, bringing an unpredictable number of people into Halifax. Patricia Lyall, president and CEO of Destination Halifax, said yesterday.

Lyall said there's no question that it's easier to bring attractions to Halifax during the summer months, but the cluster of events was out of anyone's hands. She said the Tall Ships, along with McCartney and Kiss, are on a worldwide circuit, so it's hard to influence the scheduling.

Josh Robinson, owner of



Tourists take a stroll along the Halifax waterfront yesterday. The city is hosting several high-profile events over the next few weeks including the 2009 Nova Scotia Tall Ships Festival along with the Sir Paul McCartney and Kiss concerts on the Halifax Common.

the Harbour Sugar Shack on the Halifax Harbour, said as a small business owner he has to prepare more than others for the rush. He's hoping to be ap-

proved to sell hotdogs as well as his usual cotton candy, popcorn and snowcones, which could double his revenue.

"During a previous Tall

Ships I sold 400 bottles of water in five hours," Robinson said yesterday above the bustle of the waterfront. "You've got to have 10 times the amount

you would have on a regular day, because it will definitely sell."

Despite the recent wrath of muggy weather, Lyall has high hopes for tourism in Halifax over the next three weeks.

"There is no question we are at our best when the sun is shining," Lyall said. "But the weather doesn't have that much of an impact upon (the attractions) because people want to do it anyway."

Dave Denny, spokesman for Tourism Nova Scotia, said the Visitor Information offices are geared up and ready for flocks of people, but nothing out of the ordinary is being done to prepare for the rest of the busy month.

"With the two concerts back-to-back and the Tall Ships in between, it seems to be a perfect storm of events," Denny said. "Hopefully the weather will hold out."

## Macdonald surface gets facelift

**TRANSPORTATION** Drivers annoyed that the Macdonald Bridge is closed for most weekends now have another reason to curse.

This wasn't supposed to happen for another five years. But the bridge surface broke down early and no one yet knows why.

The bridge is currently undergoing an expensive repaving that will cost over \$2 million. It also means one lane will be closed to drivers in the evenings and the bridge will be closed off altogether most weekends during the summer.

The bridge surface was last paved

in summer of 2004 and

was supposed to last 10

years. It only made it through

half of that.

"It did wear out sooner than expected,"

Bridge Commission President Steve Snyder said yesterday.

"We've asked to have some tests done to try to figure out what the reason was."

Those tests will be conducted over the next week. In the meantime, the commission is going with a new paving formula this time around.

"This is a different type of wearing surface. This is more like the conventional wearing surface you'd see on a roadway somewhere. So it's going to be about two inches thick and we believe a 15-year life is what it should provide us," Snyder said.

The process involves stripping the bridge down to steel and then laying two separate layers of a waterproof membrane, then adding asphalt.

PAUL MCLEOD/METRO HALIFAX

### Progress

- Commissioner Steve Snyder said work is on schedule and the Halifax side could be wrapped up as early as next weekend.

## Officer testifies about small arms training at court martial

The second-in-command of 1 Platoon testified yesterday on the small arms training Cpl. Matthew Wilcox and other soldiers in the Canadian Forces would have received prior to deployment to Afghanistan in December 2006.

Warrant Officer Chris Saunders, a member of 36 Canadian Brigade Unit, was on leave in Canada when Cpl. Kevin Megeney, a 25-year-old from Stellarton, Pictou County, was shot in his tent and later died at Kandahar Airfield on March 6, 2007.

Megeney had been shot in the chest. He was playing a game called "quick draw" with his friend Wilcox when the shooting occurred.

At the court martial be-

### Charges

- Cpl. Matthew Wilcox, 23, who's from Glace Bay, is a member of the 2nd Battalion of the Nova Scotia Highlanders. He's charged with manslaughter, criminal negligence causing death and negligent performance of duty in Cpl. Kevin Megeney's death.

ing held at the Victoria Park garrison in Sydney, Saunders testified that he was involved with 1 Platoon's workup training at Camp Aldershot, CFB Gagetown, N.B., and CFB Wainwright, Alta., in the months leading up to the soldiers' deployment.

"The only person you should point your weapon at is the enemy," he said.

CAPE BRETON POST

## Depressed worried about jobs: Poll

About half of Atlantic Canadians suffering from depression are worried co-workers think they aren't interested in their jobs, a survey from Leger Marketing said.

That misunderstanding could cost people their jobs, according to the survey released yesterday, which says 25 per cent of Canadians polled feel they have lost a job because of their depression.

And 79 per cent of the respondents worried their depression symptoms could cost them their jobs

### Results

- The survey used a random sample of 802 people with depression and 150 physicians. The results have a margin of error of +/- 3.5 per cent, 19 times out of 20. The complete survey results weren't available to media yesterday.

in the current economic climate.

Depression affects performance on the job, something which people often forget, Dr. Howard Conter, a family doctor in

Halifax, said yesterday.

"It's not just a matter of sitting at home and being sad," Conter said. "Being depressed affects basically every part of your life, personal, work or out in society and I think that's what this study backs up extremely well."

Conter said that he wasn't surprised by the results of the survey. "(Depression) requires aggressive treatment and cooperation between the patient, the physician and the workplace," he said.

LESLEY PIKE/FOR METRO HALIFAX

### News in brief

**THEFT** A woman had her purse snatched in Halifax in the area of Romans Avenue and Bayers Road. At about 2:20 p.m. a man and woman on bicycles

approached her, police said. They grabbed her purse and fled to a shopping centre. The woman wasn't seriously hurt. The suspects were described as

a black man wearing a light coloured shirt and a woman with shoulder length hair wearing a baggy grey shirt.

METRO HALIFAX



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A fifth person in Manitoba has died from illnesses related to influenza A (H1N1), also known as swine flu, the provincial government announced yesterday, CBC News Online reports. Health officials stated in a release that the person is an adult between 18 and 65 years of age. **METRO NEWS SERVICES**

# Canada

VOTE

## Report admits voting problems

An Elections Canada report says new rules brought in before the last federal general election caused problems in Atlantic Canada — an admission that has one member of Parliament calling on the government to drop the rules before the next vote, CBC News Online reports. In the foreword to the Report on the Evaluations of the 40th General Election of Oct. 14, chief electoral officer Marc Mayrand says most voters were aware of new requirements asking them to prove their identity. **METRO NEWS SERVICES**

## Police release sketch of sex attack suspect

JEFF HODSON  
Metro Canada

**CRIME** Mounties in Surrey, B.C., yesterday released a composite sketch of a man accused of sexually assaulting a young girl at knifepoint.

RCMP Sgt. Roger Morrow said the six-year-old girl "has been very strong throughout this whole ordeal."

The sketch is based on a description from the young victim's 12-year-old brother, who was threatened with a knife and told not to move while the man assaulted his sister.

"It is not a definitive picture, but rather a tool that

our investigators will be using," Morrow cautioned. None of three children there at the incident said they had seen the suspect prior to the assault, Morrow added.

A man in his late 20s or early 30s approached the youths with a folding knife and forced them into a treed area Friday night. There he threatened two boys before taking the girl to a different area and sexually assaulting her.

Police were notified of the attack more than 20 hours after it occurred. The girl's father plastered posters around the neighbourhood, warning parents to be on the lookout.

## MP bucks cash secrecy trend

### Michelle Simson posts taxpayer-funded expenses online

**Michelle Simson learned a simple lesson as assistant branch manager at a Toronto bank: when handling other people's money, account for every penny spent.**

Her grandfather had instilled a similar message of responsibility in her father, and her father passed it on to her. So it was quite a surprise when Simson arrived in Ottawa last fall to find that this thinking would cast her as a renegade on Parliament Hill.

The Liberal MP for Scarborough Southwest joins a club of one this week when she becomes the first federal politician to post all of the expenses that she claimed for the

### Disclosure

• Of the 37 MPs contacted last month, only six agreed to divulge how they spent a portion of the funds. All were Liberals. The Conservative party restricted all of its MPs from

releasing any expense details, a decision backed by the Board of Internal Economy, a panel of eight MPs from all parties that governs expenses and legal fees.

2008-09 fiscal year on her website. There is about \$95,000 to set up and run an office for five months, 75 per cent of what she was entitled to use; a negligible amount to wine and dine officials and constituents; and close to the maximum of about \$25,000 that MPs are granted to rent and maintain a second home in Ottawa.

Disclosing the claims is

the simplest of actions. It could easily have gone unnoticed in the sleepy summer months. But in choosing to reveal how she spent taxpayers' money since the October federal election, she is bucking a trend of secrecy that crosses party lines.

"I have been a taxpayer a lot longer than I ever have been an MP, and as a taxpayer this was a real bone

of contention," she said. "It in fact goes back to my father and my grandfather. It was all about accountability."

The decision comes shortly after an investigation into the shroud that federal politicians have put over the \$128 million that they claimed in personal expenses in the 2007-08 fiscal year. Each fall, the House of Commons publishes the totals that each MP has claimed to run their constituency offices, to travel to and from Ottawa and to carry out their daily duties. Yet the public has no right to access the individual claims that lead to those annual totals.

**TORSTAR NEWS SERVICE**



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### News in brief

**REPORT** The Harper government's claim that it can end its deficit-funding within five years cannot be believed, says parliamentary budget officer Kevin Page. In a new report, Page says the federal deficit in the next five years will reach \$156 billion.

**ECONOMIC RANKING** Canada is still a "B" student when it comes to economics, says the Conference Board of Canada. The research organization released a report card yesterday on the economic performance of the world's 17 richest countries, noting Canada managed to maintain its overall "B" grade and 11th place ranking in 2008 despite the global economic crisis.

**GLOBAL HUNGER PROTEST** On the streets outside the Prime Minister's Office at noon yesterday, a dozen anti-poverty activists sounded the alarm on global hunger. A Privy Council Office security official, politely accepted their petition signed by 3,200 Canadians.

**TORSTAR NEWS SERVICE**

### Ottawa Royal visit



Japan's Emperor Akihito and Empress Michiko greet school children at Rideau Hall in Ottawa yesterday. Emperor Akihito and Empress Michiko are on an official visit to Canada from July 3-14.

CHRIS WATTE/REUTERS



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**Zelaya to meet with Clinton today: Official**

U.S. Secretary of State Hillary Clinton is expected to meet ousted Honduran President Manuel Zelaya today, a U.S. official who spoke on condition of anonymity said yesterday. **REUTERS**

**5**

# World

## Russia, U.S. look to ease tensions

**Visiting U.S. President Barack Obama and Russian President Dmitry Medvedev agreed on a target for cuts in nuclear arms and a deal to let U.S. troops fly across Russia at the start of a trip intended to mend strained ties.**



Obama

Medvedev

At a cordial, formal news conference in the Kremlin, the two leaders spoke of their resolve to put differences behind them and focus on co-operating to solve global problems such as the spread of nuclear weapons.

Both mentioned the issues that still divide them — Russia's opposition to Washington's plans for a

missile defence shield in central Europe and U.S. insistence on Georgia's territorial integrity — but stressed the positives in public.

At a signing ceremony, Obama and Medvedev pledged to finalize a treaty by year-end to cut the number of deployed nuclear

warheads on each side to 1,500-1,675 from levels above 2,200.

Russia will allow 4,500 flights a year carrying U.S. troops and weapons to the war in Afghanistan to cross its territory free of charge, a move hailed by the U.S. as showing Moscow's willingness to help in the war on the Taliban.

It remains to be seen whether Obama gets the same message today at a breakfast meeting with the man who holds most political power in Russia and who chose Medvedev for the Kremlin, Prime Minister Vladimir Putin. **REUTERS**

## More than 1,400 arrested in China

**UNREST** Chinese police dispersed 200 people gathering outside a mosque in the Silk Road city of Kashgar, a day after ethnic riots killed 156 in the capital of the Muslim Xinjiang region, state media said yesterday.

According to the official Xinhua news agency, Chinese authorities have arrested 1,434 suspects in connection with the riots.

Calm had settled over Urumqi, capital of the region, after 20,000 police, troops and firefighters reclaimed the streets from rioters who burnt and smashed vehicles and shops and clashed with security forces over Sunday night.

But despite heightened security, some unrest appeared to be spreading in the region, where long-standing ethnic tensions periodically erupt. Minorities in the region have long complained that Han Chinese reap most benefits from official investment and subsidies, while making locals feel like out-



Protesters burn a Chinese flag during a demonstration in Istanbul, Turkey, to protest against the deadly riot in China's northwestern region of Xinjiang yesterday.

### Sensitive area

• Along with Tibet, Xinjiang is one of the most politically sensitive regions of China and in both places the government has sought to maintain its grip by controlling religious and cultural life while promising economic growth and prosperity.

siders. Muslim Uighur and Han Chinese residents of

Urumqi gave accounts of bloodshed that are likely to deepen the chasm between the two sides. Uighurs traced protests on Sunday back to anger over a confrontation in southern China in June, when Han Chinese fought Uighurs in a factory after a false allegation that some of them had raped a Chinese woman. Han Chinese residents said the toll from the riots was likely to rise. **REUTERS**

### News in brief

**G8** Italy, France and Britain called yesterday for major developing economies like China and India to sign up for a goal of halving the world's greenhouse gas emissions by 2050 at this week's G8 summit in Italy. Italian Foreign Minister Franco Frattini said the "extremely ambitious" goal

would be the focus of the second day of the summit on Thursday, when U.S. President Barack Obama will chair a meeting of the Major Economies Forum (MEF). **AFGHANISTAN** Seven U.S. soldiers were killed in attacks across Afghanistan yesterday. **REUTERS**

### Iran's Khamenei warns West

**INTERFERENCE** Iran's Supreme Leader Ayatollah Ali Khamenei warned Western countries yesterday against interfering in Iranian affairs after its disputed presidential election, state television reported. **REUTERS**

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# Comment & Views

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## Comment

# The corporate kingdom

When are people finally going to say enough is enough?

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

John Manley has been named to replace Tom d'Aquino as the head of the Canadian Council of Chief Executives, the ultra-powerful lobby group for corporate Canada.

Manley is a great catch for the corporate kingdom. As former industry minister and finance minister, he comes to the job with credibility and respect. It will be much needed because one of these days the dam is going to burst on the issue of corporate entitlement.

How much can the peo-

ple take?

Consider the record. The corporate kingdom was highly instrumental in crashing the economy and now the taxpayer has to foot the bill, the auto sector being the prime example, to bail the companies out.

Many among the financial elite who wreaked economic havoc have walked off with millions in golden handshakes and compensations. The outrageousness of perks and executive compensation is well-documented. Our prime minister is paid \$300,000 per year. Corporate executives get that in a fortnight. If they screw up on the job, they end up getting more.

Their tax write-offs are something to behold. Our sport of hockey has become hostage to corporate boxes. If you don't have an

arena with 100 luxury suites, sorry, you don't get a team. And if you have a team with suites, the fan has to pay hundreds of dollars to go to a game, partly because of the tax-break infrastructure that caters to the corporate culture.

Canada's corporate taxation rate has gone down, down, down in modern times because of what basically amounts to blackmail. The corporations threaten to move offshore if they don't get their way on tax breaks. The threat works, the result being that much of the tax burden falls to the rest of us.

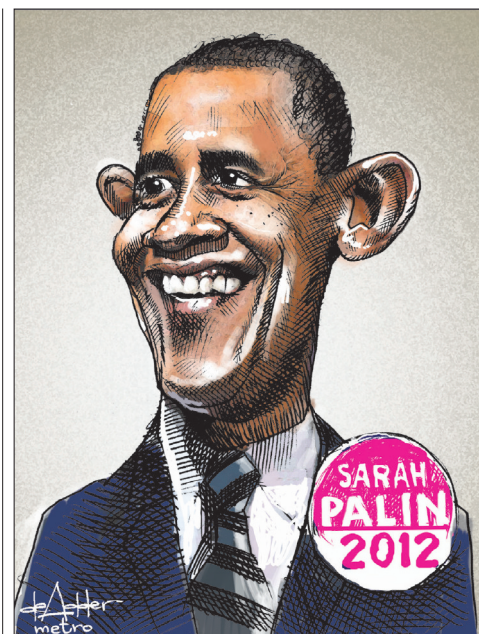
Corporate boardroom structures are a farce. The boards of directors are often chosen by the executives of the corporation. The board then negotiates and doles out salaries and limos and airplanes, etc., to

those same executives. Shareholders are supposed to be in control. It doesn't work that way.

The time is ripe for an overhaul of corporate culture. In the United States, President Barack Obama announced a salary cap of \$500,000 for executives of companies that receive a lot of bailout cash. But many of his measures against corporate greed have been watered down.

Here, much noise is made about the excesses of corporate entitlement. But action is another thing. This is stuff made in heaven for the New Democratic Party. For the Liberals it should be a high priority as well. The question is: Where are they?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADOR

## Worth mentioning

# That'll do pig, Afghan zoo tells only porker

Afghanistan's only known pig trotted out of quarantine on the weekend, two months after he was locked away because of swine flu fears, to bask again in the mud at the Kabul Zoo.

The pig, a curiosity in Muslim Afghanistan where pork and pig products are illegal because they are considered irreligious, was

quarantined because visitors to the zoo were worried it could spread the new influenza A (H1N1) virus, commonly known as swine flu.

"Our people did not understand that the disease only passes from person to person and felt that the swine influenza might even be spread from the zoo because we have a pig here," zoo manager Aziz Gul Saqib told Reuters.

"Khanzir" — Pashto for pig — appeared unperturbed as a team of zoo workers used sticks to gently prod him out of his temporary concrete home into his usual enclosure of lush green shrubs and a mud puddle.

Afghanistan has reported no cases of the H1N1 flu virus.

REUTERS



## Views

# Future looks bleak for retirement savings

## InBusiness

Charles  
Davies

In theory, Canadians will retire on a mix of income from government pensions and entitlements, personal savings, and workplace pension plans. In practice, they can really only count on the first two. Even then, the Canada Pension Plan and benefits like Old Age Security will only fill a portion of their needs.

When it comes to personal savings and workplace pensions, though, our future looks bleak. For years, we've saved less and less. People were putting away more than 10 per cent of their disposable income in

the mid-1980s; lately, it's closer to two per cent.

Even hard-core savers face obstacles. Those who save by investing in retail financial products are hit by high sales and management costs that undermine eventual yields. When stock markets dip, registered retirement savings account values follow, which explains why there was a six per cent decline in the number of people making RRSP contributions last year.

But why save when you can spend? Earlier this year, the Certified General Accountants Association reported that national household debt has reached \$1.3 trillion, and 85 per cent of Canadians are carrying outstanding balances on their credit cards. Personal lines of credit now show outstanding balances of \$181 billion. That's nearly four

## PensionSeries

(Editor's note: This is the second part of a three-part series by Charles Davies on pension plans.)

times the amount that was outstanding in 2000.

At worst, this country faces an unprecedented rise in personal insolvencies in the next few years. At best, all that accumulated debt will have to be paid down, further weakening our ability to save for retirement.

Public and private sector employers can't help us out of this mess. Corporate and public sector pension plans have been struggling with funding deficits since the tech bubble burst in 2000, and remain billions short of their long-term funding commitments. In cases like Air Canada, where the pen-

sion shortfall is about \$6 billion, the outlook is scary.

Making up funding deficiencies will take years. The corporate sector is also trying to lessen future needs by steering workers into defined contribution pension plans where companies aren't locked into pre-determined benefit payouts the way they are in traditional defined benefit plans.

However you define it, only 5.9 million workers are covered by employer pension plans. Of Canada's 11 million or so other workers, many have arrangements like company assisted RRSPs, while at least 3.5 million have no company plans at all.

**Next: The growing pressure for a new, expanded public pension plan.**

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

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**Amsterdam to seek banking help for prostitutes**

Amsterdam city council is turning its attention to a pressing problem for one of the city's key business sectors — banking and credit for prostitutes who can't get accounts from mainstream institutions. Despite the trade being legal, many banks shy away from taking the ladies on as customers. **REUTERS**

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# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## GM to get \$20B funding this year

Obama's auto chief confident company sale will withstand appeals

**A restructured General Motors Corp. will get the remaining \$20 billion US in government bankruptcy financing over the rest of this year and could be ready to launch an initial public stock offering in early 2010, a senior U.S. official said yesterday.**

Steven Rattner, who heads the Obama administration's auto task force, said he was confident that a U.S. bankruptcy judge's

decision on Sunday to allow the sale of the automaker's best assets to a "New GM" would withstand appeals.

The decision will clear the path for the company to emerge from bankruptcy court in coming weeks and will allow the U.S. Treasury Department to focus on divesting its stake, Rattner told reporters on a conference call. The bankruptcy judge issued a four-

day stay of the sale order, allowing for possible appeals. Rattner expects GM to name additional board directors later this month.

A former investment banker, Rattner said an IPO that would return GM to public ownership would need a "decently robust" stock market to succeed.

"I believe that will be some time next year," he said.

The administration was

**\$10-11B given**

• GM has so far received about \$10 to 11 billion of the bankruptcy financing and will get the rest of the money by year-end, though there was no set timetable for payments.

not "trying to get the last dollar" for the taxpayer's investment of \$60 billion and would not wait for a

stock market boom that never materializes, he said.

The government will receive a stake of that size in the new GM for the \$60 billion in financing to support GM's turnaround, half of which is bankruptcy financing. About \$50 billion of the U.S. government's money will be converted into stock in the reorganized company, which will still be named General Motors. **REUTERS**

France, Britain seeking ways to reduce oil price volatility

**ENERGY** France and Britain called for action to curtail oil price volatility yesterday as part of a move towards tougher global governance to prevent a return to economic problems that existed before the financial crisis.

Speaking at a summit ahead of a meeting of G8 leaders in Italy, French President Nicolas Sarkozy said France and Britain would publish a joint document on the issue. "We must, with the fossil fuel producing countries, try and stabilize the oil price in a reasonable range, neither too high nor too low," Sarkozy said at a news conference with British Prime Minister Gordon Brown. **REUTERS**

**4.02%**

U.S. crude settled yesterday at \$64.05 US a barrel, down \$2.68 or 4.02 per cent from Thursday.

French President Nicolas Sarkozy said France and Britain would publish a joint document on the issue. "We must, with the fossil fuel producing countries, try and stabilize the oil price in a reasonable range, neither too high nor too low," Sarkozy said at a news conference with British Prime Minister Gordon Brown. **REUTERS**

## Machinists' union sets date for Air Canada vote

**LABOUR** Members of Air Canada's biggest labour union, who rejected a tentative contract agreement with the carrier last week, will vote again on the offer on July 14 after the two sides talked over the weekend, a union spokesman said yesterday.

Air Canada, the country's biggest airline, said in a statement that it and the negotiating team from the International Association of Machinists and Aerospace Workers had "agreed on the clarification of certain issues" in talks this past weekend. The two sides also agreed on a "prompt revote on the original agreements."

The union's negotiating committee and Air Canada reached a tentative 21-month agreement on June 8 on a new labour deal, as

**Pension freeze**

• Union support is critical for Air Canada to gain federal approval for a temporary freeze on pension funding and \$600 million in short-term loans.  
• Without a pension moratorium and the new financing, analysts say the carrier could be headed for its second bankruptcy filing in six years.

well as a deal that will allow the cash-strapped airline to temporarily halt funding its \$2.9 billion pension deficit.

But members of the 12,300-strong union narrowly rejected the agreements in a vote last week, a surprising outcome and a troubling one for the debt-laden airline. **REUTERS**

## India Import duty on gold, silver doubled



Jewelry shop salesmen attend to customers in the Indian city of Hyderabad yesterday. India's doubling of import duty on gold and silver is likely to encourage recycling of the metals locally in what could continue to keep imports subdued for the rest of this year, traders and analysts said.

## China calls for displacing dollar

**CURRENCY** The financial crisis has laid bare defects in the dollar-led global economy and the world should look to displace the U.S. currency, even if that will take years, Chinese officials said.

The push for reform comes just before the G8 summit in Italy, where China's questioning of the dollar's role could fuel debate. The Special Drawing Right, or SDR, a unit used by the International Monetary Fund, presents an alternative to the dollar as a global reserve currency, said the chairman of the Export-Import Bank of China. **REUTERS**

### Business in brief

**WEB** Facebook will likely post billions of dollars in revenue in five years, up from about \$500 million this year, according to Facebook board member Mark

Andreessen. He added the world's most popular online social network could pile up \$1 billion in revenue this year if it pushed harder on selling ads.

**BAIL** A former Goldman Sachs computer programmer, Sergey Aleynikov, who stands accused of stealing secret trading codes from the investment

bank was being held in federal custody yesterday, pending the posting of \$750,000 US bail.

**GAS** Spanish natural-gas distributor Gas Natural agreed

yesterday to take 30 per cent of the output from a planned liquefied natural-gas facility on the West Coast and may buy a stake in the operation. **REUTERS**



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## Your Money

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## Toronto reader fuming over new five-cent bag fee bylaw

## MoneyMatters

Henry Choo Chong

[metronews.ca/moneymatters](http://metronews.ca/moneymatters)

**Q** I find it ridiculous, after spending over a hundred dollars at the grocery store; the retailer adds insult to injury and charges five cents per bag. To top it off, I was charged a tax on the bag. Must they charge a fee and are they taxable? How much and where does it go?

— Irene, Toronto

**A** You, me and all Toronto's city dwellers are adjusting to the new plastic bag bylaw introduced by Mayor David Miller. For readers in the rest of Canada, you know that certain stores will charge you a fee for bags but it's not a city-wide, mandatory change. Not yet, anyway.

As of June 1, 2009 all Toronto retailers must charge a minimum of five cents per plastic bag. The

City of Toronto's objective is to divert 70 per cent of waste from landfill, reduce volume of plastic bags and encourage reusable bags.

The "charge" is subject to GST and PST (provided taxable items, including the bag, exceed 21 cents). However, what is 13 per cent of five cents? Not much of a tax grab for federal or provincial government. We won't go broke because of the tax on plastic bags.

Retailers do not remit the five cents to the City of Toronto but keep it as profit, provided they are fortunate enough to have a profit in these economic times.

The city, however, encourages the retailers to give back to the community. Maybe if other Canadian cities follow suit, the city — in conjunction with an environmental group — should establish a special fund for environmental initiatives. It would be an extra effort towards change. And every cent counts, right?

Henry Choo Chong, CGA, can be reached at [choochonghcgga@yahoo.ca](mailto:choochonghcgga@yahoo.ca).

## AlisonOnMoney

Alison Griffiths

[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

This column is dedicated to Barry of Halifax (because he basically wrote it.)

A few weeks ago I talked about how to find value in life without a hefty price tag. I didn't expect such an outpouring from you readers.

Barry sent me some ideas for those who enjoy the simple life. That's the only point of departure between Barry and me: There's nothing simple about his suggestions. Easy, yes, simple, no.

1. Invite an older person (or two!) in your building or town to come for supper and make the night magical for them and for yourself. Cook a homecooked meal and even put a tablecloth on your table. If you don't have a tablecloth, use a clean bedsheet. (Remember those student days!)

2. Have an outside dance for a few people. Invite lit-



You'd be surprised how volunteering your time can be fun as well as personally fulfilling and, of course, it's free.

## Alison's Money Rule:

- Take a little creativity, add a dash of heart and suddenly adding enjoyment into your life turns out to be pretty inexpensive.

tle Johnny and granny too! Make your own drums or clap your hands.

3. Put a jigsaw puzzle together as a get-together.

Gather guests around — it can be lots of old-fashioned fun.

4. Go outside in a group or a few people and lie down on the grass and dream all those dreams that are wanting to be released from your mind. This is for all ages. (I think there was a Robin Williams' movie with just such a theme.)

5. Take your dirty clothes to a friend's house to wash. Watch a movie in between loading and unloading and folding. Then, the next time, invite your friend to

your place and do it all again. (What a brilliant idea! A laundry party.)

6. Read a short story to a blind person, a child or to someone confined in bed. It's actually highly entertaining.

In closing, Barry wrote, "I tried to think of entertainment that the poorest of people could do but that the richest people would enjoy as well." Well done Barry. Thanks.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).

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## Finding your financial happiness

ELISABETH BRAW  
Metro World News

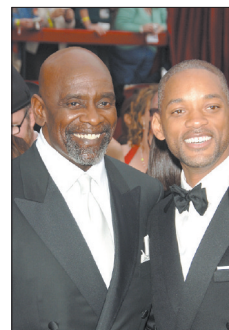


**FEATURE** Chris Gardner has a unique perspective on money: he's gone from living on the streets of San Francisco to becoming a top stock broker with Bear Stearns.

"The problem with Wall Street is greed," explains Gardner. "A very small number of greedy people created our current financial troubles. Politicians talk about regulation, but how do you regulate greed?"

The dashing 55-year-old was portrayed by Will Smith in the film *The Pursuit of Happiness*. Riding the New York subway recently, he encountered hundreds of people carrying boxes: They had been laid off.

"But being laid off isn't a disaster," he says. "It's an opportunity to ask yourself, 'What do I really care



Chris Gardner and Will Smith.

about?" The best and brightest won't eye a Wall Street career anymore."

When former Bear Stearns colleagues call him, Gardner advises them to start their own companies. Gardner himself runs Chris Gardner LLC, a multi-million dollar Chicago consulting firm. According to Gardner, the recession is a unique opportunity for people to move to more fulfilling careers.

## Chris' tips

Gardner gives career advice in his new book. Start Where You Are. He shares his top tips with Metro:

- What are you truly passionate about? That's where your success lies.
- Plan B sucks! If you create a Plan B now, you won't be truly committed to Plan A. Don't give yourself an "out option."
- Think outside the box when it comes to a career shift. And don't be afraid to take a job that's not your dream job if it will teach you some of the skills that your dream job will require eventually.
- Network. Make friends before you need friends.
- Money is the least significant component of wealth. Don't judge yourself by what's in your bank account. Money comes and goes but your conviction and talents cannot be traded, negotiated or sold.



## JDG to TFC? And Stephen Hart speaks

Canadian international soccer player Julian De Guzman revealed on the It's Called Football show yesterday that he was considering a "lucrative" offer made by Toronto FC. To watch the show, which also included an interview with Canadian interim head coach Stephen Hart, visit [metronews.ca/blogs](http://metronews.ca/blogs). **METRO NEWS SERVICES**

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## Sports



## Cubs sold for \$900M: Report

The Ricketts family, led by Chicago investment banker Tom Ricketts, has reached a deal to buy the Chicago Cubs and Wrigley Field from bankrupt media company Tribune Co. for slightly less than the original \$900-million US bid, a source familiar with the deal said yesterday. Tribune has been trying to sell the team for more than two years to reduce the company's debt burden. **REUTERS**

EDITOR: CHRIS.CLEMENTS@METRONews.CA

## On course to succeed

Bedford's Trevor Chow hopes to win rare double crown

**MATTHEW WUEST**  
matthew.wuest@metronews.ca



## Trevor Chow is hoping to pull off a rare double.

The Bedford resident enters the Nova Scotia Golf Association's men's amateur championship starting tomorrow having already won last month's mid-amateur crown.

If he can pull off another victory on Saturday at the Osprey Ridge Golf Club in Bridgewater, he will be the first to achieve the double crown in more than a decade. Legendary Gerry MacMillan of Paragon was the last to do so in 1998.

"Gerry has won the most provincial amateur titles in history with seven and he's definitely going to go down as one of the best golfers this province has even seen," said Chow, who had never won a provincial title at any level prior to this summer's triumph. "It would be a great thrill to win both."

One thing's for sure: There will be a new champion this year. Defending titleholder David Williamson of Ashburn has moved on to the professional ranks on the Canadian Tour, leaving the door wide open for the likes of Chow, four-time champion Leon Carter of Dundee, back-to-back runner-up Sean Hurley of Hartlen Point and a slew of other contenders.

The 32-year-old Chow said he glanced at the list of past NSGA champions recently and knows it won't be easy to add another title to his resumé. "When you look at the



Trevor Chow enters the Nova Scotia Golf Association's men's amateur championship starting tomorrow having already won last month's mid-amateur crown.

great players in Nova Scotia and look at their records over their careers, you see how difficult it is to win just one," Chow said. "There are really good players who only have two or three in their careers."

Chow, who grew up in Baddeck and plays out of Ashburn and Bell Bay, checked out the Osprey course on Sunday and said there's a high "risk-reward" factor with it, but

## Past amateur champions

- 2008 — David Williamson, Ashburn
- 2007 — Leon Carter, Dundee
- 2006 — Peter Campbell, Bell Bay
- 2005 — Paul Batchelor, Ashburn
- 2004 — Leon Carter, Dundee
- 2003 — Russ Passmore, Osprey Ridge

he's hoping to stay "inside the tree line" and rely on his short game.

"I feel pretty confident," he said. "I didn't feel confi-

dent this whole spring, but playing well at the mid-amateur gave me confidence. Hopefully I can keep it going this week."

## Nova Scotia paddlers win medals in Brazil

**MATTHEW WUEST**  
matthew.wuest@metronews.ca



Nova Scotians cleaned up at the Pan American canoe-kayak championships in Rio de Janeiro on the weekend.

Seven Bluenosers found the podium, led by the Dartmouth canoe tandem Jenna Marks and Maria Halavrezos. They captured gold in the 200-, 500- and 1,000-metre events.

Canada earned 23 medals overall, including 11 gold.

Dartmouth's Hannah Vaughan also found the podium three times, taking gold in the K-2 200 with Quebec's Marie-Pier Langlois. She also cap-

tured silver in the K-2 1,000 with Regina's Tiera McLeod as well as in the K-4 200 with McLeod, Waverley's Erika Taras and Dartmouth's Nicole Brown.

"It was a really exciting race," Vaughan told Canadian Sport News, of the gold-medal triumph. "We didn't have our best start, which was unusual, but we were able to make a pretty dramatic pass in the last 100 metres to win."

Brown (K-2 500 with Langlois) and Taras (K-1 200) also won gold, as did Waverley's Neil Lang and Dartmouth's Wesley Hammer together in the K-2 1,000.

Lang also picked up bronze in the K-1 1,000.

## Canada falls to Russia in Universiade basketball

**BELGRADE** Halifax's Christian Upshaw and the Canadian men's basketball team lost 89-77 to Russia in the first game of the second phase at the 25th Summer Universiade in Belgrade, Serbia, yesterday.

Canada, 2-1, faces Israel, 4-0, today.

In women's soccer play, Canada — featuring Hali-

fax's Rachael Sweatnam — lost 4-1 to France in the quarter-finals.

In the pool, Halifax's David Sharpe's personal best of 56.58 seconds in the men's 100-metre backstroke on the weekend placed him 20th and set a new Nova Scotia record. He also set a record in the 50 backstroke in 27.22 seconds. **METRO HALIFAX**

## Gun found at scene of McNair death belonged to slain girlfriend, police say

**SHOOTING** Nashville police say the gun found at the scene of the shooting deaths of former NFL quarterback Steve McNair and his girlfriend Saturday was purchased by the woman two days before the incident.

Police department public affairs manager Don Aaron spoke briefly yesterday and said Sahel Kazemi pur-

chased the gun, a semi-automatic pistol, Thursday.

"As a result of the investigation, we now know that the gun recovered at the crime scene was purchased by Kazemi from a private individual," Aaron said.

On Sunday, police ruled McNair's death a homicide, but did not classify the death of the 20-year-old Kazemi. **METRO NEWS SERVICES**

## Senators sign Kovalev, Leafs bolster blue-line

**NHL** The Ottawa Senators inked free agent veteran forward Alexei Kovalev to a two-year contract yesterday.

Kovalev recorded 26 goals and 65 points in 78 regular-season games for the Montreal Canadiens last season, his fourth full season with the franchise. Despite two goals and one assist, he was a non-factor in the playoffs as the Habs

were eliminated in a four-game first-round sweep against the Boston Bruins.

The 36-year-old lands with his fourth team since beginning his NHL career with the New York Rangers in 1992. Over 1,151 games with the Rangers, Penguins and Canadiens, the Russian has posted 394 goals and 941 points. In 116 playoff games, he has racked up

44 goals and 54 assists, and took home a Stanley Cup with the Blueshirts in 1994.

The Toronto Maple Leafs continued to revamp their backline, signing unrestricted free agent defenceman Francois Beauchemin to a three-year contract.

The 29-year-old missed the majority of the 2008-09 season with Anaheim while recovering from sur-

gery to repair a torn ACL in his left knee, posting four goals and five points in 20 games.

A Stanley Cup winner with the Ducks in 2007, the native of Quebec and former third-round pick of the Canadiens in 1998 has compiled 21 goals and 90 points in 246 games with Montreal, Columbus and Anaheim.

**METRO NEWS SERVICES**

## Sports in brief

**BASEBALL** The Halifax Pelham Molson Canadians have added pitcher/infielder Jason Snow for August's Canadian senior men's baseball championship. Snow, who plays for the Sydney Sooners, joins Truro's Craig Higgins and Kentville's Ian Lockhart and Kevin Nichols as Halifax's

pickups.

**HOCKEY** Former Halifax Mooseheads general manager Marcel Patenaude has been named vice president of hockey operations with the QMJHL. He was fired by the Mooseheads in early-January after nine seasons at the helm. **METRO HALIFAX**

# Health & Beauty

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## Get fit, avoid diabetes

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### Wallaroo hats sun safe

**FASHION** Hats are making a comeback and not just for aesthetic reasons.

Wearing a hat, especially a wide-brimmed one, may help protect you from developing skin cancer — especially in the hot summer sun.

Wallaroo hats are the latest trend in functional fashion for your head. These hats are made in Colorado, but they're inspired by a trip the manufacturers took

to Australia.

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CELIA MILNE  
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**If you add physical activity to your life — even a bit at a time — you might be doing more than just losing weight. You'll be reducing your chances of getting diabetes.**

People who aren't very fit are two to three times more likely to develop diabetes, according to a new study published in Diabetes Care.

The study was interesting because it tracked almost 4,000 people for 20 years to find out the relationship between their fitness levels and whether they developed diabetes. In the end, people with lower levels of fitness were significantly at higher risk of developing diabetes over the 20 years.

Patterns of physical activity are often established early and don't change much. "Patients who have low fitness in their late teens and 20s tend to stay the same later in life or even get worse," says Dr. Mercedes Carnethon of Northwestern University in Little Falls, N.J., who led the study.

So how can you get started? It is ideal to exercise for 30 to 60 minutes a day. But



Reduce your chance of getting diabetes by committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

Carnethon suggests that if that's not part of your lifestyle, you can begin with small changes and build towards more exercise.

"I encourage building up smaller periods of activity over the course of the day. Although 10-minute bouts of moderate to vigorous activity are ideal, there is evidence that small intense bouts of activity are also helpful. Those include taking the stairs instead of the elevator or escalator, getting off the bus one (or two) stops early and walking the

remainder of the distance, and taking brief 'activity breaks' during long periods of sitting," says Carnethon.

She also suggests committing to "family walks" before or after mealtime and planning weekend activities such as going to parks and being physically active while there.

You can also build fitness into the time you spend on

community service. For example, she says, many animal shelters welcome volunteers who are willing

to come and walk their dogs and play with them. "My recommendations are that individuals make a commitment to incorporating activity into their daily living and find activities that are fun and can be sustained year round. By doing so, physical activity can become a habit."

**Incorporate activity into your daily living**

### Running, resistance training can reverse aging signs

CELIA MILNE  
for Metro Canada

**It is never too late to start exercising.**

And whether you are 30 years old or 90, exercises such as running and lifting weights can help reverse the signs of aging.

"It is always best to start early," says Dr. Mark Tarnopolsky, director of the neuromuscular and neurometabolic units at

McMaster University Medical Centre in Hamilton, "but it is important that in our studies we also see major benefits in previously inactive older adults who complete four or six months of weight training."

Tarnopolsky and colleagues have been studying what actually happens inside the body when people exercise. They have found quite a few benefits at the

molecular level: Reduced fat in the body, increased muscle mass and decreased cell damage from aging. These effects occur even in 90-year-olds.

In one of Tarnopolsky's studies, 33 per cent of these genes went back to normal in people who did six months of weight training twice a week.

"We have also shown that resistance exercise improves some of the bio-

markers of aging," says Tarnopolsky. Biomarkers are substances in the blood which signal disease or decay.

Running also seems to help people fight the effects of aging. A study conducted in northern California by researchers at Stanford University found that runners live longer than non-runners.

Special bonus: You'll look great and feel great!



Resistance exercise improves some of the biomarkers of aging, which are substances in the blood that signal disease or decay.

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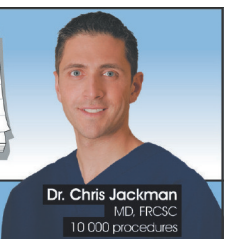
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# 6 arm-toning moves

Using both dumbbells and your own body weight

AMANDA VOGEL  
For Metro Canada



Do these four exercises then look forward to showing off your well-toned arms in four to six weeks. Another major bonus: You'll also build bone strength to help protect against osteoporosis.

## How to get started

**What to lift:** For dumbbell exercises, use five- to 10-pound (two- to five-kilogram) weights. Once you can easily do 12 repetitions, try heavier weights.

**The workouts:** For each of the target areas, do either the dumbbell or the body-weight routine three times per week. Take at least one day's rest between workouts.

**The repetitions:** Complete one to two sets of eight to 12 repetitions for each of the exercises you do.

## Works: biceps

1. Self-Resisted Curl  
A. Stand with feet hip-width apart and toes forward. Let right arm hang by your side with palm facing forward. Reach left arm across body, placing left palm on top of right palm.

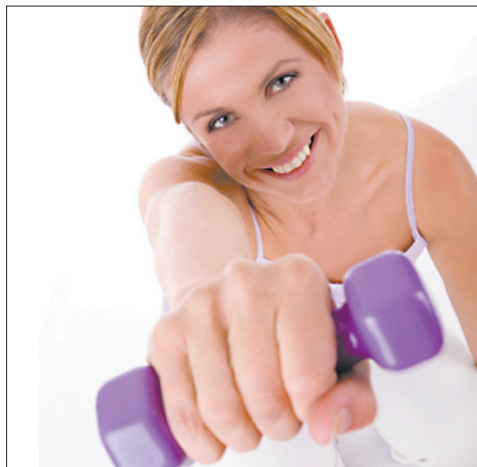
B. Bend right elbow, bringing hand slowly up to the shoulder while pressing palms together to create

resistance. Keep right elbow close to body.

C. Still pressing palms together, lower right arm to your side. Complete the set; switch sides.

2. Horizontal Curl with Dumbbells

A. Holding a dumbbell in each hand, raise arms straight out to the sides



For dumbbell exercises, use five to 10-pound (two- to five-kilogram) weights. Once you can easily do 12 repetitions, increase weight.

until elbows and hands are almost level with shoulders, palms facing up.

B. Bend arms upward to 90 degrees, keeping upper arms parallel to floor and elbows level with shoulders (they'll also benefit from this exercise). Palms face in.

C. Straighten arms to the starting position; repeat.

## Works: anterior and middle deltoids

3. Sideways Plank Walk  
A. Get into a plank position: like a push-up, with arms straight and only the hands and toes on the floor. Tighten abs. Align hands under shoulders; place feet slightly wider than hip-width apart.

B. Move your right hand about five inches (13 cm) to the right, then move your left hand the same distance to the left. Your hands should now be slightly wider than shoulder-width apart.

C. Return each hand to the starting position. Repeat, alternating leading

hands.

4. Side Raise with Dumbbells

A. Stand with feet hip-width apart and knees slightly bent. Holding a dumbbell in each hand, let your arms hang by your sides, palms facing in.

B. Keep a slight bend in your elbows as you raise your arms out to the sides until the dumbbells are level with shoulders and palms face the floor.

C. Lower your arms; repeat.

## Works: triceps

5. Triceps Push-up

A. Get into a push-up position with arms straight but with knees on the floor and feet in the air. Hands should be under your shoulders but closer together than in a regular push-up.

B. Tighten abs and bend arms, bringing chest toward the floor. Keep upper arms close to your sides and back straight. Elbows should point behind, not

## Other tools

Dumbbells have a tight grip on the fitness scene, but other equipment can also strengthen your arms. Here are two widely available tools that have muscled their way into health clubs:

- **Medicine Ball:** Build your arm, chest and torso strength as you lift, lower, toss and catch this easy-to-grip weighted rubber ball. Weight increments vary from about two to 20 pounds (one to 10 kgs).

- **Resistance Band:** Rubber bands come in a variety of intensities that differ in how hard they are to pull. They are portable, easy to stow away in a drawer and lightweight. (If you have kids, you don't need to worry about a weight dropping on small toes.)

BEST HEALTH MAGAZINE

out.

C. Straighten arms to the starting position; repeat.

## Works: Posterior deltoids

6. Prone Extension  
A. Lie face down with legs straight, arms by sides with palms facing up. Place a folded towel under forehead.

B. Keep arms straight as you lift them slightly off the floor. Hold arms in the air for three seconds, squeezing the back of the shoulders together.

C. Return your arms to the floor; repeat.

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## A 'sexsomnia' defence

### The J Spot

Josey Vogels

[metronews.ca/thejspot](http://metronews.ca/thejspot)



This week, Jan Luedecke, the Toronto landscaper who was acquitted in 2005 for sexually assaulting a woman because he was sound asleep at the time of the assault, was scheduled to appear before a panel to determine if he should have any long-term restrictions on his freedom. Instead the panel ordered Luedecke

undergo a "full and complete risk assessment" before making their decision.

Sexsomnia, like insulin, five-pin bowling and the term "cougar," is a Canadian discovery.

"cougar," is a Canadian discovery. I first heard about it at a sexuality conference in Guelph, Ont., several years ago when Dr. Paul Fedoroff, a forensic psychiatrist in Ottawa presented research suggesting that stress, chronic sleeplessness, or alcohol or drug abuse may lead a person to engage in sexual behaviour while sound asleep. The research, which Fedoroff completed with co-researchers Dr. Colin Shapiro and Dr. Nik Trajanovic of the University of Toronto, first appeared in 1996 in a paper called Sexsomnia — A New Parasomnia? that was published in the Canadian Journal of Psychiatry in June 2003.

It was good timing for Luedecke as it was the week of a house party in July 2003 when a woman woke up on the couch to find Luedecke having sex with her. He was found not criminally responsible for the assault because he was

asleep at the time.

He testified that he had been overworked, overstressed, sleep-deprived, taken magic mushrooms and knocked back a whole bunch of booze, pretty much in line with Fedoroff's definition of "sexsomnia."

As bizarre as this all sounds, Luedecke's case is not the first.

In December of 2005, a British man was cleared of three counts of rape because he suffered "sexsomnia" and wasn't conscious during the act.

In August 2007, a British mechanic was cleared of a rape charge after the jury found him not responsible for his actions when he had

sex with a 15-year-old girl while asleep.

And it's not just a guy thing. In 2004, an Australian woman was reportedly leaving her

house at night and having sex with strangers while sleepwalking.

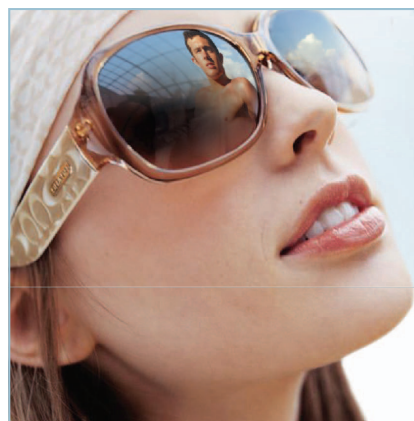
Any type of sleepwalking is rare, occurring in about three per cent of children and young adolescents, and 0.5 per cent of adults. According to research, four per cent of adults who suffer from the condition carry out sexual behaviour.

Luedecke's assessment, to be carried out at the Centre for Addiction and Mental Health in Toronto, will be completed by Aug. 28.

Based on this, the panel can then decide whether or not he should be committed to hospital or to place certain conditions on his release such as refraining from drug or alcohol use.

• For the latest sex news, visit Josey's blog [Sexcetera](http://Sexcetera) at [metronews.ca/blogs](http://metronews.ca/blogs)

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



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Rumer Willis' latest TV gig will take her to 90210. The eldest daughter of Bruce Willis and Demi Moore, Willis will appear on at least one fall episode as Gia, a lesbian reporter for West Bev's Blaze news show, a CW rep confirms. **TVGUIDE.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



## Birthday boy

Tom Cruise turned 47 over the weekend with wife Katie Holmes and three-year-old daughter Suri. On his July 3 birthday — spent Down Under — Cruise caught an Australian Football League game. **USMAGAZINE.COM**

# Taylor Swift raps and rocks

Country star teams with Def Leppard, T-Pain

IAN NATHANSON  
for Metro Canada



**Well aware of her image as a wholesome adolescent country music sensation, Taylor Swift occasionally throws her fans off with her choice of collaborators.**

Last year, CMT aired a Crossroads special that saw Swift team up with British hard rockers Def Leppard. And during last month's airing of the 2009 CMT Music Awards, Swift paired with the unlikely of duet partners — rapper T-Pain — on a humorous video called Thug Story.

That T-Pain-Swift bit, Swift explains during a telephone conference call, "was a collaboration between me and CMT. (The network) came to me and said we want you to be the focal point of the (show's) intro. They wanted me to

play on the fact that all these (TV) specials that I do focus on me having a dream and setting my sights on accomplishing it. So why not think of some crazy things that people wouldn't expect you to do?"

"So they let me write this rap. And T-Pain wanted to hear the track beforehand. I got up and rapped this whole thing for him and he couldn't stop laughing. The video was hilarious to shoot, too: I go to the mall, buy gangsta jewelry at this kiosk for \$40. It was all meant to be really funny stuff."

Her collaboration with Def Leppard, though, was a much more serious affair but equally fun.

"Stepping into someone else's studio is one of (my) favourite things," Swift says. "I have so many different levels of respect for people who make music that is different from mine. I un-

**"I have so many different levels of respect for people who make music that is different from mine."**

Taylor Swift understand what I do the most, but that's only because I've been doing my music for the longest time."

Swift has now topped the seven million mark in total record sales, which includes the triple-platinum late 2008 effort, Fearless. And her publicity continues to grow: A cover story for Rolling Stone magazine, ads for the Got Milk campaign, numerous awards including awarded the Academy of Country Music's Crystal Milestone Award (given for outstanding achievement in the genre) plus cameos in the Hanna Montana and Jonas Brothers In 3-D movies.



Taylor Swift is only 19, but she's already topped the seven million mark in total record sales.

All this and a revelation of a public breakup with Joe Jonas, too. But Swift had her say on that subject months ago and is currently focused on her debut headlining tour, which she

explains will feature some theatre-style elements to the performance.

"I grew up doing children's theatre," Swift says. "What I thought might be cool would be to have a big

element of tour revolve around the theatrics to my songs — just dramatizations of what I've gone through in my life and what's going on inside my head."

## Chinese pen 'instant' Jackson bio

**BOOKS** Two Chinese writers slaved for 48 hours straight to produce an "instant" biography of late singer Michael Jackson, despite having never met him, a state-run newspaper said yesterday.

The book, called Moonwalk in Paradise, hit the bookshelves over the weekend, the China Daily said, after the authors subsisted on a diet of coffee and cigarettes and worked round-the-clock to complete it.

While they are not as popular as the Taiwanese and Hong Kong stars who dominate the music scene in China, Western artists are making inroads in the local market, thanks to young fans.

Jiang Xiaoyu, one of the writers, had previously written blogs and reviews about Jackson, who died on June 25 when he went into cardiac arrest at his rented mansion in Los Angeles.

REUTERS

# Executors to control Michael Jackson estate

**A Los Angeles judge handed temporary control of Michael Jackson's multimillion dollar estate yesterday to a lawyer and music industry executive named as co-executors in his 2002 will.**

Lawyer John Branca and executive John McClain were named executors in a will Jackson signed in 2002 that left his estate, valued at more than \$500 million US, to a trust benefiting his three children, his mother and charities.

The judge last week gave temporary control to Jackson's mother, Katherine Jackson, before the will surfaced, but with the 2002 document now filed in court, Los Angeles Superior Court Judge Mitchell Beckloff said "the law compels" that he put the executors in charge.

Beckloff set another court hearing for Aug. 3 to review the case, and said Branca and McClain must keep 79-year-old Katherine Jackson apprised of their dealings.

"We are relatively



Los Angeles police Sgt. Boris Washington briefs fellow policemen at the Staples Center yesterday. Police set perimeters around the venue, where the Michael Jackson memorial is to be held today.

pleased with Judge Beckloff's ruling this morning. He's taken the unusual step of requiring that Ms. Jackson be kept informed of the administration of his estate in this preliminary phase," said Burt Levitch, an attorney for Katherine Jackson.

An attorney for Branca and McClain said they would carry out the pop star's wishes and maximize his estate's value.

The value remains an open question. Although the 2002 will valued Michael Jackson's holdings at more than \$500 million,

the 50-year-old singer was reported to be as much as \$500 million in debt when he died of cardiac arrest on June 25.

Jackson owned one-half of Sony-ATV, which controls a music catalog which includes songs from The Beatles and other artists

and has been valued as high as \$1 billion. Jackson also owned a company that controlled the rights to music he recorded during his solo career, and its value is expected to rise over time.

Jackson, a member of The Jackson 5 in the late 1960s and 1970s, embarked on a solo career as an adult, turning out hit albums like Thriller and Off the Wall.

Since his death, media outlets have reported that powerful narcotics were found in Jackson's rented Los Angeles mansion, but none have been confirmed. Toxicology results from an official autopsy are expected in about one month.

Acting mayor of Los Angeles Jan Perry initially told a local TV station Jackson's family would hold a private burial at the city's Forest Lawn cemetery today, but Perry later denied she had any information beyond what she had read or heard in the media.

REUTERS



**Tobey Maguire names son after himself**

Tobey Maguire has named his son after himself. The actor and his wife Jennifer Meyer confirmed their son — born on May 8 — is named Otis Tobias Maguire. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

**DVD picks****Knowing**

Director: **Alex Proyas**

**NICHOLAS CAGE** never seems to turn down anything, especially if it has a sci-fi or fantasy angle, but he at least has a talent for finding profitable and moderately diverting films, as the National Treasure series has amply verified.

It's much the same with *Knowing*, a Biblical doomsday thriller that did improbably good box office back in the spring, despite recycling the plots of about a dozen such apocalyptic pictures.

A 1959 prologue sets the clock ticking on an ominous set of predictions. Asked to contribute to a time capsule, a weird kid in a Boston-district school submits a list of numbers that apparently mean nothing, unless you watch a lot of spooky movies. Too bad the dog didn't eat her homework.

Flash forward to 2009, and the son (Chandler Canterbury) of MIT astrophysics professor

John Koestler (Cage) finds the numbers and shows his dad, a skeptic by training and an atheist by conviction (he blames God for his wife's death).

Much to his shock and awe, John discovers the figures have added up to reveal not just tragedies of the past half century (9/11 among them), but more to come — including (insert drum roll) the end of the world. Can he do anything about it? At least he has a beautiful accomplice (Rose Byrne) to go crazy with.

Knowing works best for people who know their Bible and who have a high tolerance for cheesy special effects. This would include director Alex Proyas, whose indie flair with 1998's *Dark City* has yielded to profitable hackwork built around morality tales (*I, Robot* being another) and incendiary set pieces.

Good for a cottage video rental — and isn't that worth knowing?

**Peter Howell/  
for Metro Canada**

# Entourage boys come back for sixth season

**Many a Hollywood actor has managed to sustain a long-term career with little discernible talent, drive or effort. So too Entourage, the HBO series heading into its sixth season that, like its movie-star protagonist Vincent Chase (Adrian Grenier), coasts along on charm and little else.**

Maybe what keeps *Entourage* so mystifyingly satisfying is the contact high delivered by its sumptuous depiction of luxe Los Angeles. Or maybe it's the easy chemistry of the featured quartet. No other show with so little to specifically recommend about it paradoxically commands such faithful viewing.

But if the first two episodes of the new season, which kicks off on July 12, are any indication, the show's staying power isn't attributable to its satirical edge. A reflection of the real-life recession-rocked entertainment industry *Entourage* isn't.



Some of the cast of the HBO show *Entourage* and executive producer Mark Wahlberg are seen here at Season 5's premiere. The show has been picked up for a sixth season as well.

Sure, Ari Gold (Jeremy Piven) is throwing stones all over the glass castle that is his Miller Gold Agency, but no more or less than usual. The worst he has to deal with is renewed begging from his long-suffering assistant, Lloyd (Rex Lee), for a promotion. And his new hire, Andrew Klein (Gary Cole), is bringing in plenty of clients but creating other

problems, too.

Whatever elevated mercury levels thwarted Piven's theatre career last year on *Speed the Plow* show no lingering after-effects for the actor, who is as sharp as ever in the role he was born to play.

Chase certainly isn't feeling any stress either as he enjoys a comeback in the fictional Martin Scorsese

film *Gatsby*. His biggest problem in the season premiere? Whether he should take his Aston Martin to the road test he has to take to get his driver's licence.

Which isn't to say Chase has suddenly broken free from the state of co-dependent arrested development with his boys. Eric (Kevin Connolly) is so enmeshed in this bro-mance he finds it difficult to rekindle his romance with Sloan (Emmanuelle Chriqui), though you would think he would just marry her to get away from the constant needling of Drama (Kevin Dillon) and Turtle (Jerry Ferrara).

It's more than a little bizarre to watch thirtysomething men being driven to panic at the prospect of their foursome being broken apart. But as much as this curious dynamic is begging for a homoerotic parody, it's truly the heart of the show.

REUTERS

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/7/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	The Superstars (N)	Better Off Ted	Scrubs	Primetime
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Monk Submarine death.	America's Got Talent (N)	Cupid (N)		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	CBC News: The National	The Hour		
	2	2	2	CBC-F	Urgences (SC)	Des saquelettes	Tout	Beautés désempêrées (SC)	Bons baisers de France (SC)	Le Téléjournal		
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Broken Bird"	The Mentalist (HDTV)	48 Hr. Mystery	
	69	69	69	CFTM	TV 18 heures	Sûreté-salé	Qui perd gagne (SC)	Fort Boyard (SC)	Nos étés "E16 1952" (SC)	TV 22 heures		
	6	6	6	CHIF	Entertainment	ET Canada	NCIS	NCIS "Broken Bird"	The Office	News (N)		
	9	9	9	CJCH	Corner Gas	Hollywood	Canada's Next Top Model (N)	Law & Order: SVU	The Mentalist (HDTV)	News (N)		
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Legally Blonde 2: Red, White & Blonde ** (2003, Comedy)		Fox First	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	America's Got Talent (N)	Law/Ord SVU		
	29	29	29	NW	World News	Business	CBC News	Mansbridge	CBC News: The National	Machines		
	4	4	4	PBS-B	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria	Nova (HDTV) (DVS)	American Flag		
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	WorldFocus	Nova (HDTV) (DVS)	Nova scienceNOW (N)	Weapon-WW II		
	68	68	68	TQS	Rire et délire	Chemin du golf	Catherine (SC)	Crisse Angel	Lipstick Jungle (SC)	Génération séduction	Piège Zéze	
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Squeeze Play	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight		Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Golf	
	52	52	52	RSE	Sportsnet Connected	MMMA Conn	UFC: Access	UFC Top 100 Fights	Soccer: CONCACAF Gold Cup	Poker	Score Tonight	
	55	55	55	SCOR	HSR	Cabby Unlimit	Score Update	Poker	Super Bikes!	Super Bikes!	Drag Race	
news	45	45	45	SPD	Unifone Whips	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Score Tonight
	53	53	53	TSN	Off the Record	SportsCentre	MLB Baseball Toronto Blue Jays at Tampa Bay Rays. (HDTV) (Live)					
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy Two	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	iCarly	Prank Patrol	Prank Patrol	Malcolm-Mild.	Futurama	Family Biz	Prank Patrol	Comfy Couch
	16	16	16	A&E	The First 48 (HDTV)	The First 48 (HDTV)						
	70	70	70	APTN	News (N)	Wings-Canada	Tears					
	50	50	50	BET	106 & Park: BET's Top 10 Live							
	37	37	37	BRVO	Street Legal							
sports	25	25	25	CMT	Cross Canada Countdown							
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Home Improve.	Home Improve.	Reba	Hope & Faith
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos	Cops Uncut	Corner Gas	The Simpsons	South Park	Hot Box (N)
	38	38	38	DISC	Jetstream		Daylight	How It's Made	Dumb Criminal	Riots: Mobs Out of Control	Police Videos	Deadliest
	48	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	How It's Made	Destroyed	Destroyed	House Hunters
	46	46	46	HIST	To Build a Nation		NCIS "Jeopardy"	Lost Worlds	Degrassi: TNG	To Build a Nation	NCIS	Video on Trial
	17	17	17	MM	Greek		One Tree Hill	Degrassi: TNG	Instant Star	Greek	Video on Trial	Entourage
	19	19	19	MM	mmtp10.ca		The Daily Fix	I'm a Celebrity... Get Me Out of Here!				
	201	201	201	M1	Reverse Angle	Transformers *** (2007, Action)	Shia LaBeouf, Tyrese Gibson.		The Dark Knight **** (2008, Action)			
	48	48	48	OLN	(6:30) The Amazing Race 5	Bounty Hunter	Bounty Hunter	Cycling Tour de France - Stage 4.	From Montpelier.			
family	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	House-Payne	Scream *** (1996, Horror)		
	206	206	206	PIX	(6:30) Deep Blue Sea ** (1999)			(8:20) Ignition (2002, Suspense)	Showtime ** (2002, Comedy)			
	67	67	67	RDI	RDI en direct		24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)		RDI en direct	
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits	Painkiller Jane	Time and Again (2007, Drama)			
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Poor	Watchmen
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis	Star Trek: Voyager	Torchwood			
	14	14	14	SPIKE	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	CSI: Crime Scene Investgtn.	UFC's Ultimate 100	UFC's Ultimate 100	UFC's Ultimate 100	UFC 100	
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show	TMZ (N)	etalk	Look-A-Like	Tonight Show	Little Couple
	21	21	21	TLC	What Not to Wear		Say Yes-Dress	Cake Boss	Stager	18 Kids-Count	18 Kids-Count	Family Guy
	56	56	56	34	TROP	North of 60 "Shelter"	Power Play "Templation"	Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy
cable variety	20	20	20	TVS	Que-champion	Journal de Fr2	Dieux et démons	Secrets d'histoire	Missing	Quantum Leap	The Closer	The Lost Gods
	28	28	28	V	Doc "Pilot" (Part 1 of 2)		Murder, She Wrote	Bless-Father	On the Buses			Ghostly Enc.
	60	60	60	VIVA	Da Vinci's Inquest		Judging Amy					How I Married
	22	22	22	W	Style by Jury	Style by Jury	Style by Jury	Friends	Style by Jury	Style by Jury	Style by Jury	Style by Jury
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball Atlanta Braves at Chicago Cubs. (HDTV) (Live)			

**critics' corner****Great American Road Trip**

If the economy has forced you to curtail your family vacation plans, NBC may have the solution: Comic Reno Collier hosts this eight-episode reality series in which seven diverse families from Texas, Illinois, New York, California, Alabama and Connecticut take a memorable journey together along the storied Route 66, competing in a series of challenges along the way. 9 PM on NBC

**Torchwood**

Oops. Gwen (Eve Myles) accidentally activates an alien device, sending her back in time to the Second World War. So what does Owen (Burn Gorman) do? Accidentally activates the same device, sending him to 1963 to witness the murder of a girl. In the present, he tracks down and confronts the murderer, who inadvertently leads him to the artifact's thief — who has the other half, which allows contact with the future. 10 PM on SPACE

**Dirty Business**

No, it's not another "Dirty Jobs." The dirt in this series is the literal kind. It follows landscape designers Joel Loblaw, James Dale, Kennedy McRae and Lorne Hancock as they take on ambitious projects for wealthy clients. You may not be able to afford the sort of thing they do — but you'll pick up some ideas that can be translated to more frugal outdoor design projects. 9:30 PM on HGTV

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**For July 6th**

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- Marianas Trench - All To Myself
- Lola - High Heels
- Pitbull - Calle Ocho
- 3OH!3 - Don't Trust Me
- Lady Gaga - Paparazzi
- Sean Kingston - Fire Burnin'
- Jeremih - Birthday Sex
- Black Eyed Peas - I Gotta Feeling

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**1013 THE BOUNCE.com**





Filming in New York has not endeared the city or its women to Twilight star Robert Pattinson, who is said to be discouraged by the amount of attention he receives from his fans, popeater.com reports. "He's overwhelmed by all the girls — they terrify him," an insider says. **METRO NEWS SERVICES**

**Pattinson not loving N.Y.**

## Celebrity Buzz

# Who's the real Brüno?

**INSPIRATIONS** It looks like Brüno, Sacha Baron Cohen's over-the-top gay character, isn't as outrageous a fabrication as you may think, people.com reports. There's a debate raging in Austria right now over who the "real Brüno" could be, and there is not one but two contenders.

Alfons Haider is the front runner. A deliciously theatrical 51-year-old entertainer — actor, cabaret star, reality show host, singer — thinks the discussion is a hoot. "Aren't we a funny country? It's like there's no recession or other problems in the world.

Here the press is worried about who the real Brüno is."

As for the resemblance with Cohen's creation, he tells People, "I only have four things in common with Brüno: I'm a man, an Austrian, I'm on television, and I'm gay —



that's it."

He also has a theory about being Brüno's inspiration, adding, "Nine years ago, Sacha Baron Cohen studied in Austria for a year. Since I've done over 800 television shows in the past 15 years, I can't rule out the possibility

that he may have seen one of my shows."

The only problem with Haider is he's not into fashion. Enter "Brüno" number two: Adi Weiss, a 33-year-old Vienna-based fashion journalist who, although still new to television, fits the rest of the bill.

Weiss is hardly as flamboyant as Brüno — he told People that he is "the most down-to-earth fashion journalist you'll ever meet."

As far as Weiss is concerned, though, Brüno is utterly a figment of his creator's imagination.

**METRO NEWS SERVICES**

# Anniversary as Posh as it gets

**ISLAND GETAWAY** David Beckham has hired Thunderbirds' Tracy Island for his tenth wedding anniversary to wife Victoria, femalefirst.co.uk reports.

The soccer star has reportedly splashed out more than \$200,000 to ensure he and the former Spice Girl are the only people on the idyllic North Island in the Seychelles — which featured

in the 2004 film adaptation of the puppet TV series Thunderbirds.

A source said: "David and Victoria appear so in love. They have gone on lots of romantic walks, holding hands like a couple of newlyweds."

The 34-year-old sportsman has hired a private chef and a team of 20 staff members to look after Victoria and himself during their stay.

**METRO NEWS SERVICES**



## Miley single and loving it

**TWEET SPOT** It looks like Miley Cyrus and Nick Jonas are not dating after all, popeater.com reports. The Hannah Montana star took to her Twitter page to announce her love of the single life and to ask the Almighty to find her the perfect dude. "Dear GOD, I would like a boy that is like John Mayer/James Morrison/Elvis/Rob Thomas all in one. YOU'RE THE BEST!"



**METRO NEWS SERVICES**

## Fergie hubby hits the stripper pole

**WILD GIFT** Josh Duhamel and Fergie received some very interesting wedding presents, the actor admits to Women's Health. The oddest of all? A stripper pole for their home. "I've played on the pole more than she has," Duhamel tells the magazine.

**METRO NEWS SERVICES**



# London calling Madge

**HOME RUN** Madonna misses living in London — and regularly flies back to the U.K. so her adopted daughter Mercy can experience life in Britain, femalefirst.co.uk reports.

The star fled to New York following her divorce from second husband Guy Ritchie last year, she tries to split her time between the Big Apple and the British capital but has recently spent much time at her New York residence.

However, since winning her appeal to adopt Malawian

tot Mercy James, four, in May the superstar singer has been trying to spend as much time in the U.K. as possible, insisting she still considers London her home.

She insists the regular visits to the city are good for her youngest



child — because many of her London-based friends have children of similar ages to Mercy. She tells FemaleFirst; "A lot of my girlfriends here have kids so she (Mercy) has playdates every day."

"I still think of this as my home. I really miss my house here when I'm away. I love being here. I've missed my friends and it's nice to drive on the wrong side of the road again."

And the Material Girl insists Mercy has fitted right in with the rest of her brood — Lourdes, 12, Rocco, eight, and fellow adopted Malawian David, three.

**METRO NEWS SERVICES**

# Damon rooting for Jackman

**WHO'S SEXIEST?** The political season is over, but Matt Damon is still on the campaign trail, pushing for People's reigning Sexiest Man Alive Hugh Jackman to take the honour again this year.

"Maybe he can be the first to do it back-to-back," says Damon, 38, who gave up

the title to the X-Men star last year.

"I'll start campaigning for that."

Damon also has ideas on who should not be up for consideration: His Oceans 11 cast-mates George Clooney and Brad

Pitt, both of whom have been Sexiest Man Alive twice.

"It would be absolutely intolerable, so, no, I don't want either of those guys to three-peat," he joked.

**METRO NEWS SERVICES**



# Chaz wants sex change on TV

**REALITY CHECK** After announcing her intentions to undergo gender reassignment surgery, Chaz Bono, formerly known as Chastity, is reportedly fielding offers from producers to document the transformation for a reality TV show.

"Chaz is adamant about recording her sexual identity struggles and her transition from female to male," a source tells the National Enquirer.

But it's reportedly something her mom, Cher, can't get behind. "Cher was shocked," another source says.

**METRO NEWS SERVICES**



## ComicsOnline

For more cartoons, visit metronews.ca



# Brown's mojo working overtime

**LADIES' MAN** Chris Brown showed up to Sean Combs' White Party over the Fourth of July holiday with Rihanna clone Teyana Taylor on his arm, but another woman reportedly caught his eye: Kanye West's on-again, off-again girlfriend, Amber Rose.

After sharing the dance floor, the pair moved to a

secluded sofa.

"They were holding hands and making out in the shadows," says a source. "She had her hand on his leg."

Brown and his

original date then headed to an after-party — where Brown proceeded to devote even more attention to Rose. "They were kissing on the dance floor in front of Teyana," says another source.

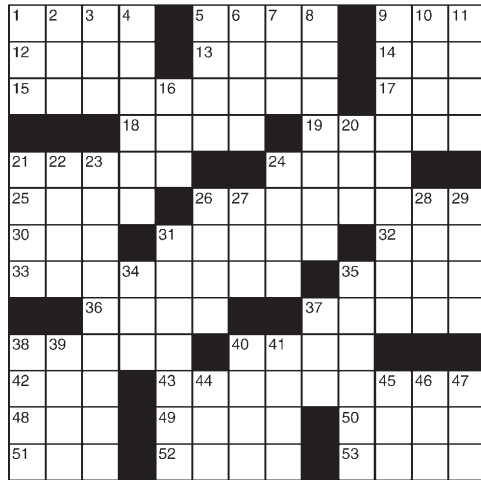
**METRO WORLD NEWS**







For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)



### Crossword across

- |                               |                        |
|-------------------------------|------------------------|
| 1 Parks or Bonheur            | 31 On all — (crawling) |
| 5 Chess piece                 | 32 Anonymous John      |
| 9 Dandy                       | 33 Cheap ride section  |
| 12 Sleeping                   | 35 Carriage            |
| 13 Conception                 | 36 "Star —"            |
| 14 White House nickname       | 37 Stash a lot         |
| 15 Big-bucks specialist       | 38 Crouch              |
| 17 Pinch                      | 40 Hoodlum             |
| 18 Heart of the matter        | 42 Triumphed           |
| 19 Holds sway                 | 43 A little pointer?   |
| 21 Add on                     | 48 Mimic               |
| 24 Mrs. Dithers in the comics | 49 Russian river       |
| 25 Advertising award          | 50 Killer whale        |
| 26 Presentations              | 51 Third degree?       |
| 30 Sun shade?                 | 52 Tardy               |
|                               | 53 Spud's buds         |

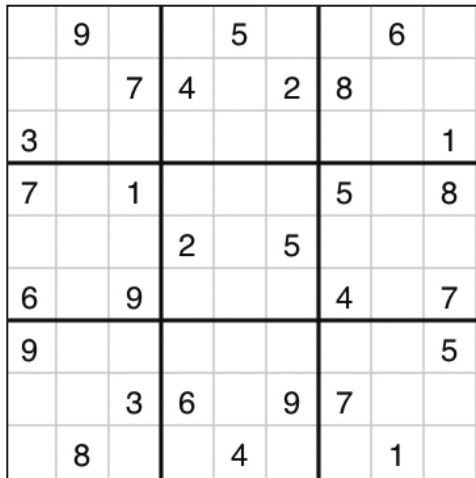
### Crossword down

- |                         |                    |                 |
|-------------------------|--------------------|-----------------|
| 1 U.K. fliers           | 20 Spoonbender     | letter          |
| 2 Kimono closer         | Geller             | 40 Summertime   |
| 3 Rep.'s counter-part   | 21 Performs        | pest            |
| 4 At a slow tempo       | 22 Level           | 41 Look         |
| 5 Snapshots             | 23 Tweaked         | lasciviously    |
| 6 Mine entrance         | 24 Heart           | 44 Playwright   |
| 7 Tiny                  | 26 Drench          | Levin           |
| 8 NYC's                 | 27 Embrace         | 45 Take a whack |
| 9 Verrazano- —          | 28 No stay-at-home | at              |
| Bridge                  | 29 Transmit        | 46 Lemieux      |
| 9 Vodka brand or        | 31 Worrisome       | milieu          |
| Sibelius work           | 34 Historic time   | 47 — de deux    |
| 10 Tom Joad, e.g.       | 35 Fifth president |                 |
| 11 Energizes, with "up" | 37 Weeding tool    |                 |
| 16 Kibosh               | 38 Trade           |                 |
|                         | 39 19th Hebrew     |                 |

### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at [metronews.ca](http://metronews.ca)

<b>SUDOKU SOLVE TIME:</b>	17-21 min .....	Smart
Under 13 min .....	21-25 min .....	Not bad
13-17 min .....	25+ min .....	Keep practising

### Metro Recipe of the Day



### Leek and Cheddar Cheese Tart

#### INGREDIENTS:

- 7-8 slim leeks, about
- 2 lb (1 kg) in total
- Salt and black pepper
- 1/2 lb (250 g) fresh puff pastry
- 1 tbsp (15 ml) Dijon mustard
- 1 medium egg
- 3/4 cup (175 ml) cheddar cheese

#### METHOD:

- Preheat oven to 450°F (230°C). Put kettle of water on to boil.
- Trim leeks to length of about 7 in. (18 cm) and rinse them. Arrange in single layer in wide frying pan, pour on boiling water from kettle, add pinch of salt, return to boil, reduce heat, and simmer, covered, 6-8 minutes.
- While leeks cook, roll out puff pastry on lightly floured surface to 10 in. (25 cm) square, then transfer pastry square onto baking sheet.
- Cut 1/2 in. (1 cm) strip of pastry from each of four sides. Dampen area around edge of square with water and trim pastry strips to fit flat on

top of dampened edges, so that they look like picture frame; press lightly into place.

5. Drain leeks and cool under cold running water. Drain again, then wrap in folded dish cloth and press gently to remove remaining moisture.

6. Arrange leeks inside pastry case and brush with mustard. Break egg into small bowl and beat lightly, then brush border of tart with beaten egg. Grate cheddar cheese and spread evenly over top of leeks.

7. Bake on top rack of oven for 15 minutes, or until pastry is risen and golden and cheese has melted and is bubbling. Remove from oven and cut into quarters with serrated-edged knife. Serve hot or warm.

**SERVES 4**



### Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

**ARIES**  
**MARCH 21-APRIL 20**  
You may not be able to control the way other people behave but you can control the way you react to their antics.



**TAURUS**  
**APRIL 21-MAY 21**  
It might be wise to keep your suspicions to yourself today, no matter how much you want to confront someone with the evidence you have uncovered.



**LIBRA**  
**SEPT 23-OCT 23**  
Disruption of some sort is inevitable today but it must not be allowed to deflect you from the objectives you are pursuing.



**SCORPIO**  
**OCT 24-NOV 22**  
A plan made on the spur of the moment today is unlikely to work out the way you envisaged, so don't be too eager to push ahead with it.



**GEMINI**  
**MAY 22-JUNE 21**  
What seems like such a good money-making idea now may turn out to be the opposite later on, so err on the side of caution today.



**CANCER**  
**JUNE 22-JULY 22**  
A lunar eclipse in your opposite sign of Capricorn means you won't get any sense out of partners and loved ones today.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
It may seem as if you have gone as far as you can towards your goal and you may be tempted to give up once and for all, but don't be hasty.



**CAPRICORN**  
**DEC 22-JAN 20**  
The lunar eclipse in your sign will make you rather emotional today, but that's not necessarily such a bad thing. Let it all out once in a while.



**LEO**  
**JULY 23-AUG 23**  
It would appear that a deadline of some sort is putting you under intolerable pressure. Either find an easier path or forget about it altogether.



**VIRGO**  
**AUG 24-SEPT 22**  
You have so much potential but there is a danger that today's eclipse could tempt you to overreach yourself.



**AQUARIUS**  
**JAN 21-FEB 18**  
It may feel as if events are running away and that may in fact be true, but why should it worry you? Sit back and enjoy the ride.



**PISCES**  
**FEB 19-MARCH 20**  
You will have to choose between working with others and giving up some of your aims, or going it alone but without the support that teamwork brings.



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### This day in history

- JULY 7, 1456: A retrial verdict acquits Joan of Arc of heresy 25 years after her death.
- JULY 7, 1534: European colonization of the Americas: First known exchange between Europeans and natives of the Gulf of St. Lawrence, in New Brunswick.
- JULY 7, 1863: United States begins first military draft; exemptions cost \$100.
- JULY 7, 1928: Sliced bread is sold for the first time by the Chillicothe Baking Company of Chillicothe, Missouri. It is described as "the greatest forward step in the baking industry since bread was wrapped."

METRO NEWS SERVICES

### WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBTLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Be in debt to actor Russell (1)
- Slightly wet 44-cent postage (1)
- Gander liquid (1)
- Is unable to intone "om" (1)
- More slick-talking liar (2)
- Teacher retirement money stress (2)
- Braggart's "roller" rides (2)

ANSWERS: 1. OVER CROW 2. DAMP STAMP 3. GOOSE JUICE 4. CANT CHANT 5. GLIBBER FIBBER 6. PENSION TENSION 7. BOASTERS COASTERS

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